

FOLLOW THE ABCs **OF SAFE SLEEP** **ALONE • BACK • CRIB**



ALONE

Your baby should always sleep alone. Care givers should be nearby in the same room, but not in the same sleeping space.

BACK

Your baby should always sleep in a safe empty crib with a firm mattress. Pack-n-Plays and bassinets should also have a firm, fitted mattress.

CRIB

The safest position for babies to sleep is on their backs (unless otherwise instructed by the babies health care provider). Have your baby sleep in a one piece sleeper or sleep sack. Your baby will stay warm and comfortable, no blankets needed!

HAVE **EVERYONE** WHO CARES FOR YOUR BABY
FOLLOW THESE SAFE SLEEP RULES

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